

# Tides Group Fitness Programme



## Monday

Time	Class	Venue	Instructor	Intensity
0915-1000	Body Attack	Hall	Elisa	High
1000-1100	Bums, Legs & Tums (C)	Hall	Elisa	Medium
1100-1200	Body Balance (C)	Hall	Elisa	Low
1200-1245	Aqua (Term time only)	Pool	Carolyn	Low
1300-1400	Active for Life	Hall	Julie	Low
1400-1500	Active for Life	Hall	Julie	Low
1800-1900	Body Balance	Bar	Debbie	Low
1900-2000	Body Step	Hall	Kelly	High
1930-2015	Aqua	Pool	Debbie	Low

## Tuesday

Time	Class	Venue	Instructor	Intensity
1000-1100	Body Combat (C)	Hall	Gabbie	High
1100-1200	Total Tone (weights)	Hall	Karyn	Medium
1815-1900	Aqua (Term time only)	Pool	Carolyn	Low
1800-1900	Body Balance	Bar	Debbie	Low
1900-2000	Body Combat	Hall	Rachelle	High
1910-2010	Tai Chi	Bar	Chris	Low
2000-2100	Circuit Training	Hall	Vicky	High

## Wednesday

Time	Class	Venue	Instructor	Intensity
0915-1015	Body Step	Hall	Elisa	High
1015-1115	Exercise & Stretch	Hall	Vicky	Low
1030-1130	Fitness Pilates	Bar	Elisa	Low
1430-1530	Active for Life	Hall	Sue	Low
1700-1755	Body Attack	Hall	Elisa	High
1800-1900	Body Balance	Bar	Elisa	Low
1900-2000	Body Balance	Bar	Linda	Low
1900-1945	Aqua	Pool	Carolyn	Low

## Thursday

Time	Class	Venue	Instructor	Intensity
1000-1100	Fitness Pilates (C)	Hall	Elisa	Low
1100-1200	Body Attack (C)	Hall	Vicky	High
1100-1145	Aqua (Term time only)	Pool	Carolyn	Low
1230-1330	Tai Chi	Bar	Chris	Low
1800-1900	Fitness Pilates	Bar	Paula	Low
1900-2000	Cardio Conditioning	Hall	Paula	High
2000-2100	Circuit Training	Hall	Vicky	High

## Friday

Time	Class	Venue	Instructor	Intensity
0900-1000	Active for Life	Hall	Julie	Low
1015-1115	Body Conditioning (C)	Hall	Elisa	Medium
1115-1200	Exercise & Stretch	Hall	Vicky	Low
1745 -1845	Body Balance	Bar	Gill	Low

## Saturday

Time	Class	Venue	Instructor	Intensity
0830-0930	Body Step	Hall	Elisa	High
0930-1030	Fitness Pilates	Bar	Elisa	Low

## Sunday

Time	Class	Venue	Instructor	Intensity
10.15.11.15	Kick Box Circuit	Hall	Chris	High
All Levels	Circuit class incorporating martial art moves			
TO START	FEBRUARY 21st 2010			

**Notes & Explanations:** Participants should be 16years of age or above to attend BTS classes (Body Balance, Body Attack, Body Step, Body Pump & Body Combat). For all other classes participants should be 14 years or above. *Creche (C)* is available in bar area Monday, Tuesday, Thursday & Friday 10-12pm.

**Class intensity:** Class intensity classifications are indicative only. The intensity of a class can be affected by the level of effort applied & can be subject to the instructors own assessment of the group attending.

**Booking for class:** To guarantee a place in your in ALL classes we recommend booking in advance. If after booking you are unable to attend please inform us.

**Safety Precautions:** If you are new to exercise we advise you check with your GP before starting any new activity. Likewise, if you have any medical conditions, injury, are a newcomer or are pregnant PLEASE let your instructor know BEFORE the start of the class. This will enable your instructor to offer alternative exercises where appropriate. Please ensure you are wearing training shoes designed for the activity you are participating in.

Any participant arriving after the start of the class will not be permitted entry for health & safety reasons. Children are not permitted in workout studio/sports hall whilst classes are taking place. Children under 8 years should be accompanied in the centre at all times.